

PAKISTAN

- Plagued by wars with India
- Nuclear testing
- Deteriorated public health



Physical Environment

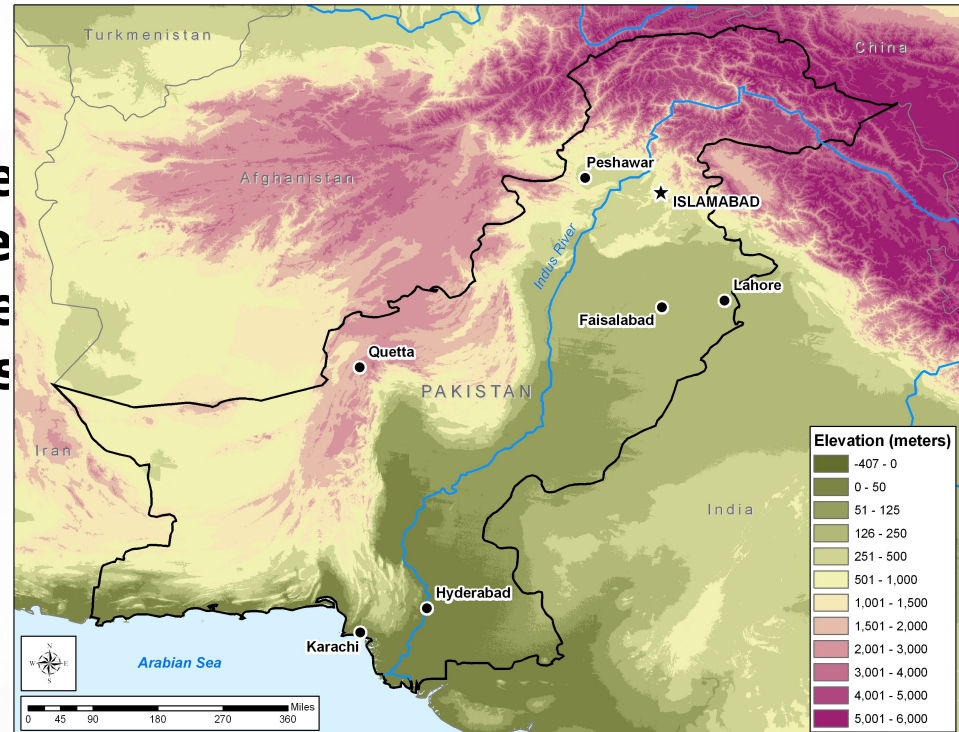
- **Topography**
 - If operating above 6,000ft implement high elevation countermeasures

- **Climate**

Arid to semiarid; cold winters and hot summers

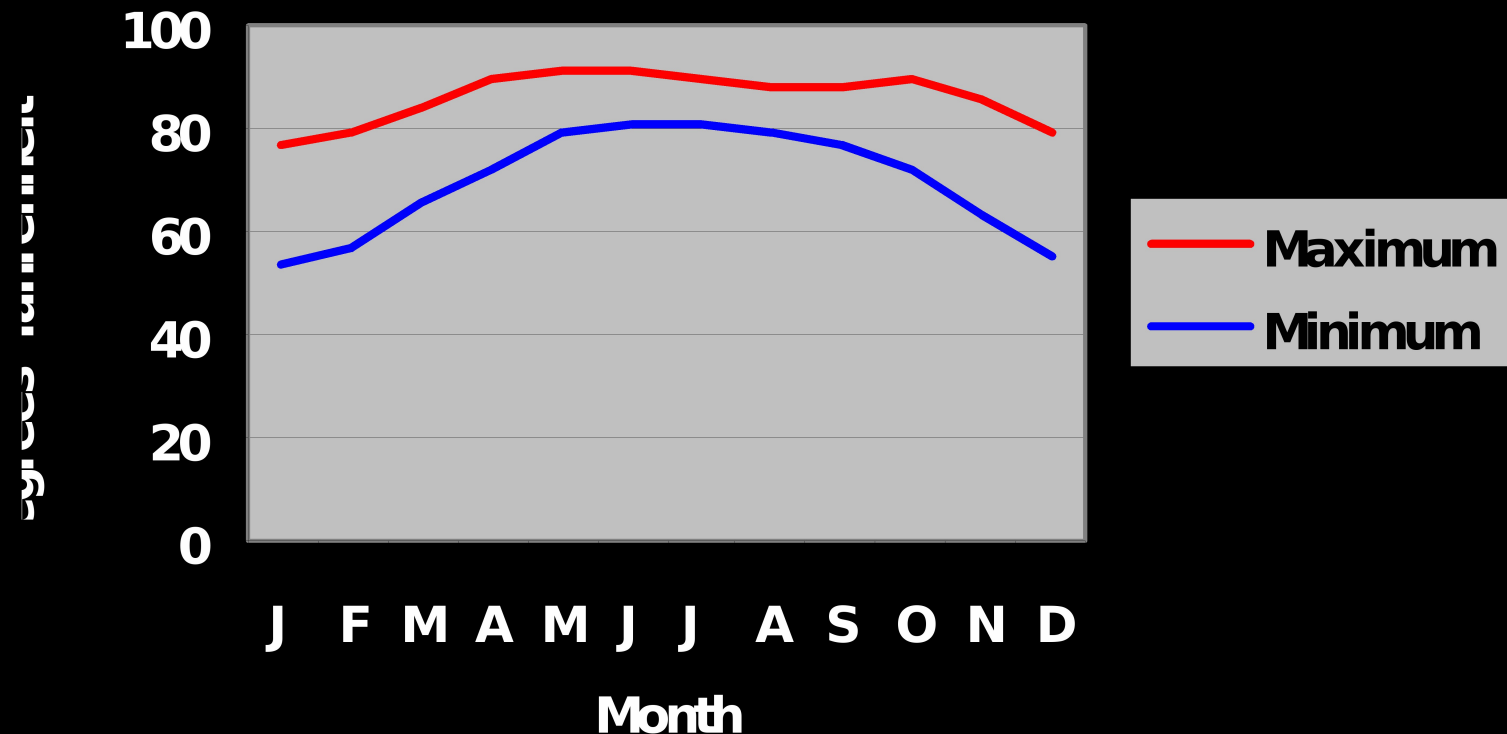
Terrain: mostly rugged mountains; plains in north and southwest

**Northern highlands: 1/2 of elevations above 15,000ft
highest point: K-2 (Mt. Godwin Austin) at 28,413, world's 6.0**



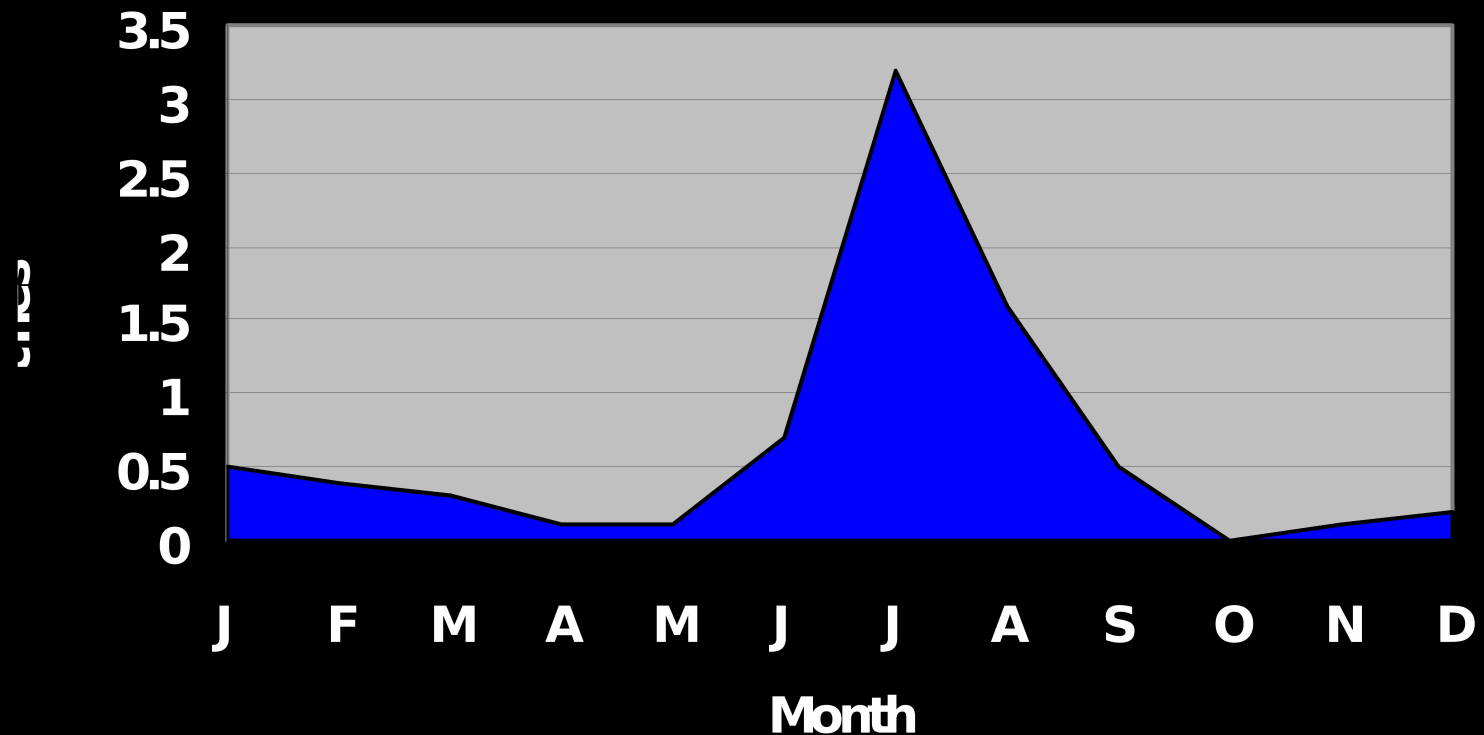
Physical Environment

Average Max/Min Temperature in Karachi



Physical Environment

Average Total Precipitation in Karachi



Environmental Health Risk

- Greatest short term risks associated with ingestion of contaminated food/water; extreme heat/cold; airborne particulates; high altitude
- Greatest long term risks associated with air contamination and chemical contamination of food/water



Infectious Disease Risk

- **HIGH RISK** for infectious diseases
- Inadequate force health protection (FHP) measures, will seriously jeopardize mission effectiveness

Infectious Diseases

- Foodborne and Waterborne Diseases
 - **HIGH RISK** = Diarrhea, hep A & E, typhoid fever
 - **INTERMEDIATE RISK** = brucellosis, cholera
- FHP Priorities
 - **Deploy appropriate PM personnel and equipment**
 - Consume food, water, ice only from US-approved sources
 - Operate food preparation facilities in accordance with Army doctrine
 - Ensure proper hand washing facilities near all latrines and dining facilities and enforce

Infectious Diseases Cont.

- Vector-borne Diseases
 - **HIGH RISK** = Malaria, Dengue fever, Leishmaniasis
 - **INTERMEDIATE RISK** = Chikungunya, Crimean-Congo fever, Japanese encephalitis, Rickettsioses, Sand-fly fever, Scrub typhus, West Nile fever
- FHP Priorities
 - Use DEET on all exposed skin
 - Treat field uniforms with permethrin
 - Use bed nets in field conditions, treat with permethrin
 - **Enforce malaria chemoprophylaxis as appropriate**



Infectious Diseases Cont.

- Animal-contact Diseases
 - **HIGH RISK** = Rabies, among the highest in the world
 - **INTERMEDIATE RISK** = Anthrax, Q-fever
- FHP Priorities
 - Avoid animal contact
 - No mascots
 - Report all animal bites and scratches

What not to do!



Infectious Diseases Cont.

- Sexually Transmitted Diseases
 - **INTERMEDIATE RISK** = gonorrhea, chlamydia, HIV, Hep B
- FHP Priorities
 - Avoid sexual contact
 - Use latex condoms if sexually active



Infectious Diseases Cont.

- Water-contact Diseases
 - **INTERMEDIATE RISK** = leptospirosis
- FHP Priorities
 - avoid unnecessary contact with lakes, rivers, streams, and other surface water

There will not be a sign like this.

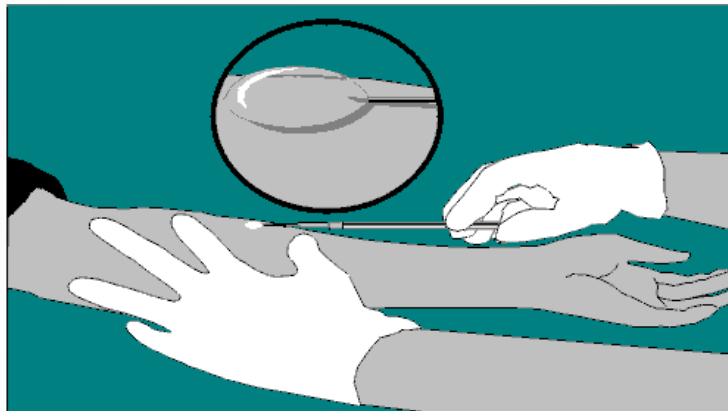
LEPTOSPIROSIS
HEALTH HAZARD

FRESH WATER STREAMS AND MUD
POSSIBLY POLLUTED WITH BACTERIA

SWIM, BOAT,
OR HIKE AT YOUR OWN RISK

Infectious Diseases Cont.

- Respiratory Diseases
 - **INTERMEDIATE RISK** = tuberculosis
- FHP Priorities
 - Tuberculin skin test before and after deployment
 - Avoid close contact with local population



Hazardous Animals & Plants

- Animals

- Rabid dogs, snakes, centipedes, scorpions, spiders



- Plants

- Mexican Poppy, Fetid Nightshade

- FHP Priorities

- Do not handle animals
- Shake out boots, clothing, & bedding
- Do not touch, chew, eat, or burn unfamiliar plants



SUMMARY

- Physical Environment
- Infectious Diseases = **High Risk**
- Hazardous Animals and Plants
- FHP measures are simple and effective
 - Use and Enforce
 - Will conserve the fighting stren

